

THE SUCCESS JOURNAL

“There is no doubt in the fact that you were born to conquer the world. If you believe in this fact and apply it, even if you do not rule the globe, you will surely influence parts of it.”

[MODULE 5]



Through meditation, self-awareness, and controlling overthinking, Farheen was able to gain significant control of herself and her mind. It made her self-confident and courageous as she did not let anything convince her who she was, not even her thoughts. She even got better than her peers during the training process. She was able to display and work on the skills she had worked on and developed over the years.

To be successful, you need to gather courage and step out of your comfort zone and face the barricades and problems of the world. You need to accept the challenge, fight them, and get what your heart wants from your life.

Einstein Way to Overcall self-doubt

THE STORY OF A DULL BOY

His family thought there was something wrong or he is mentally disabled. The four-year-old child won't say anything even when he is hungry or tired. He started school and was slower than others in learning. Everyone treated him like a dunce. All he could do was learn enough German to just get along.

He talks and repeats things to himself at high school. He applies for college but fails the entrance exams. Somehow he gets a degree but is not able to get a job in teaching as he wanted. So, he settled working in a patent office.

Although all these years everyone treated him like an incapable human being, this man told himself another story. He knew that he was good at science and he spent his free time and energy working on it until he had something worth sharing.

In 1905, **he shared the four fundamental ideas that became the foundation of modern Physics.** This great man was Albert Einstein.

HOW DID HE DO IT?

Of course, he was brilliant and intelligent, but that was not just it. There are so many intelligent people in the world who are unable to overcome their fears of being different and the obstacles of being misunderstood.



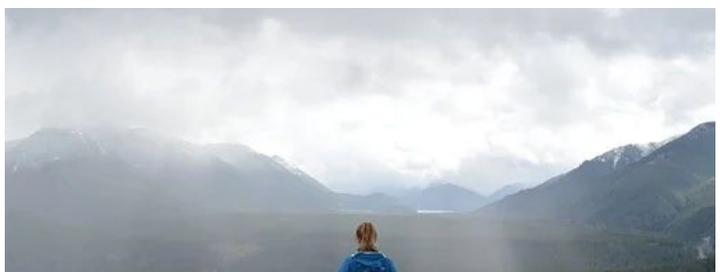
There is no such thing as intelligence or brilliance shining above all odds.

There was one key ingredient as important as his intelligence was- BELIEF. Even though others thought he was just another dunce, his ability to see his worth and keep working got him to the place he had believed he would be someday.

OVERCALLING YOUR SELF-DOUBTS

Do you know what all motivation talks have in common? Well, they don't work.

Those talks work on those people who have high self-esteem, who need just a



little push to boost their success. But people who are stuck in the endless spiral of self-doubts with withered motivation, it becomes like Pinocchio telling that you are incredible.

How do you get yourself to believe in yourself then, like Einstein and other people like him? How do you amplify your performance? You cannot pep-talk your self-doubts, but you can do this.

TAKE ACTION

Instead of trying to convince your mind to change, start taking action even if it does not feel right at first. When your mind is in the self-doubt prison, trying to change it isn't

that easy. So instead of telling it that you are better, give doing things a shot.



Even if you fail at first, it will motivate you to try again and bring your mind towards a positive direction, towards success.

CELEBRATE SMALL WINS

Small wins show that you are progressing and it adds momentum for bigger success. Even if the success does not seem like a big deal, make it

an ordeal and be cheered by it. It takes small but significant actions to climb out.

FOCUS ON PREVIOUS SUCCESS

Whenever I get a new article to write, I know what to write but I never have a clear path to set it. It is tough and discouraging. But then I take a look at my previous articles and see the quality of content I produce that gives me back my confidence. It reminds me of my capabilities because I have evidence in front of me.

You know what to do. Remind and relive the past success to remind yourself that you have the ability when you forget.

Unleashing the Inner Genius

Do you know what is the common thing among all geniuses? If they ever set their mind on something, they do it no matter what. **They believe they can do anything they fix their mind to and have a good feeling about it.** They keep working towards their goals and have this deep-rooted belief.

Do you want to activate your inner genius like them? **Call the CEO of your brain** who is probably sleeping. The



CEO of your brain is the prefrontal cortex of your brain, the part responsible for decision-making and behavior. Redo the entire existing program of your brain. Add elements like strong self-motivation, self-belief, positivity, and delete negative aspects like your doubts and fear that will just hinder the process.

Fostering your inner genius to get into the play starts with your aware intentions to be committed to fulfilling your goals that align with your values. Once you start doing this, here are a few ways to accelerate the unleashing of your inner genius.

RELEASE THE INNER CRITIC

That voice in your head keeps telling you that you're nothing more than average. It keeps blabbering to make you demoralized and eventually crush your goals.



You know what? **It's a liar.** It just wants to have a meaningless debate with you to trap you in your self-doubts. Picture the voice as an ugly muppet or a strange shadow and keep ignoring it. You must thank it for its opinion about you and keep moving forward. Don't even argue with it and never believe in what it has to say.

If the voice irritates you too much, release it. Say it you're fired and you need to get out right now. Recognize yourself as a great achiever as you release the negative voice and see the truth.

DEVELOP THE GROWTH MINDSET

To become a millionaire or a billionaire, you need to start thinking like one of them. First; value themselves and second; align their goals with their values, even if it's unusual.

Ask yourself this question- What is the thing I value the most? How can I earn by doing something I value and love?

It is not potential, but the right mindset that gets people where they want to go. Most of the millionaires try new things, get creative, seek innovative activities, and develop new skills. This is how they are different.

Practice doing what you love to do at least an hour daily to activate the inner genius. This will also make the best use of your time



UNLEASH CREATIVITY

Every human born is unique. What do you think differentiates you from others? What differences do you notice when you see yourself and others? Keep a note of these things in a personal notebook.



Want to stretch your inner Einstein muscle? **Here is a fun exercise.**

1. Generate a list of crazy ideas to solve a problem. Make succeeding ones even more absurd.
2. Select any one idea and ask yourself- What makes my ideas unique?
3. Extract the idea and list the parts or features of the design
4. Take any part of the idea and generate a new one using it.

Let your mind wander to places you like sometimes to get more creative. Allow yourself to daydream sometimes and wander through space and time. It boosts your creativity, mounts your productivity, and significantly reduces your stress levels.

RELEASE YOUR FEAR



Most people let their inner genius be asleep because they give in to their fear. Fear is an illusion that makes them believe that failure is a very bad thing to happen to someone.

Truth is, to succeed you need to make bold moves, fail, and make mistakes.

If your fear overwhelms you, try practicing mindfulness and meditation to control it rather than let it control you.

5 Steps to Build habits of a Successful Mindset

After inculcating the practices of self-awareness and meditation, fighting the overthinking cycle, Farheen took steps to build a successful mindset. She used these five steps and performed the best during her training. It felt like a blow to the trainer as he had remarked to her negatively. At the end of the training, she bagged the best job compared to the rest of her peers.

Here are 5 things that she did.



Have a clear mission

Successful people invest their time in finding and defining their life mission. They know clearly where they have to go in every way, not just professionally and they pursue their positive missions. This gives their life meaning and makes them clear and straightforward.

Learn and gain new experiences

We were made humans for a reason. Our life is meant to develop and progress and get enriched. All we need is to leave our comfort expanding our horizons to master the key to positive accomplishments.

This doesn't mean that you just pack your bags and travel the world. You need to ensure your personal growth by learning and gaining new experiences.



Empathy



Empathy is a powerful tool that develops leadership qualities. A successful mindset is always empathetic. Surround yourself with family and friends. Spend time with them, appreciate and support them. Let them know that they have a shoulder whenever they need support. Put yourself in their shoes and connect positively.

Lifestyle

Do not think in terms of work/life balance. Instead, live your life. We all have only one shot at it so live it to the fullest. Design it yourself and enjoy it. Enjoy what you do, enjoy your work, and don't be married to it. Follow a flow of life that you feel proud of.

Accepting Challenges





Drive your life by challenges. That is how you grow. A successful mindset always accepts the challenges thrown at it. Challenges are how you find new opportunities and grow. It focuses your attention, breaks down fears, develops new perspectives, tests mental toughness, and builds a lot of confidence.

It's through the various challenges that we accomplish our goals. They make us grow and flourish.

Few Books you can Read for Inspiration

Reading books is a good stress buster and amps up your motivation. It also improves your



memory and increases your creativity. If you are looking for books that will help you develop a growth mindset and free you from negativity, I have listed a few popular titles.

If you are not into reading, you can still try. You don't have to tuck a book under your arm always, just maybe a blog, newsletter, or a book once a month. Try making it an occasional habit if you're not into daily reading. You can add new titles to your new year's resolution list for this year.

1. Rich Dad, Poor Dad by Robert Kiyosaki and Sharon Lechter
2. Wake up, Life is Calling by Preeti Shenoy
3. Ikigai by Albert Liebermann and Hector Garcia
4. Think and Grow Rich by Napoleon Hill
5. The Subtle Art of Not Giving a fuck by Mark Manson

A 4-week Challenge for the Success Path

The most significant step to start walking on the success path is gaining control of your mind. Farheen acknowledged this fact and implemented it in her life by eliminating self-doubts, gaining self-awareness, practicing mindfulness, and addressing the overthinking problem.

Here is a 4-step challenge for you to gain awareness and to hold the reins of your mind.

WEEK 1: ADDRESSING SELF-DOUBTS AND MEDITATING

In the first week, build the habit of meditation and make it a part of your lifestyle. Put it in your schedule and make sure you meditate at least thrice a week. Meditating daily for just ten minutes is most effective. With meditation, deal with your self-doubts. Analyze and address them and make sure they do not affect you.

WEEK 2: GAINING SELF-AWARENESS

When the second-week starts, follow the steps to gain self-awareness. Do not keep those practices limited to this week only and inculcate them as a regular habit.

WEEK 3: OPPOSING OVERTHINKING AND TAKING ACTION

Take steps to avoid the traps of overthinking so that you take more action. Make sure that these steps are also a part of your routine to get better in the success journey.

WEEK 4: BUILDING HABITS FOR SUCCESSFUL MINDSET

After you get hold of meditation, self-awareness, and fight the overthinking spirals, start building habits for developing a success mindset. At the end of a month, you will find a good difference within yourself. You will feel more inclined to striving and achieving what you want with a focused and calm mind.

References

1. <https://medium.com/the-mission/overcome-crippling-self-doubt-the-einstein-way-9e622c4112b6>
2. <https://melodywilding.com/highly-successful-people-handle-self-doubt/>
3. <https://blog.myneurogym.com/activate-your-inner-genius>
4. <https://www.inc.com/laura-garnett/3-ways-to-unleash-your-inner-genius-yes-you-have-one.html>
5. <https://www.lifehack.org/articles/productivity/unleash-your-inner-genius.html>
6. <https://www.inc.com/lolly-daskal/8-powerful-ways-you-can-restore-your-confidence.html>